



by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#) | 27 May 2023

How to Break Down the Walls of Toxic Thinking

The ricocheting sound of the steel doors slamming shut bounced against the granite walls. Chilling sound. Yet when as a child and trauma entered your life, some of your coping skills locked those feelings away deep inside yourself.

This toxicity builds up over time. Either it stays cemented in or it can lovingly be removed. Some of the most daunting traumas may require a mixture of counseling adapted with a good yoga therapy plan.



I'll say this here, with yoga, therapy, anything, I want you to know you run that. You are in control of that. **Know you can pause/stop** at any time you may experience a flood of emotions.

Here are some better ways to say “Know you can pause/stop at any time you may experience a flood of emotions”:

- “It’s okay to take a break if you’re feeling overwhelmed.”
- “You don’t have to push through your emotions if you’re not ready.”
- “It’s okay to take a few minutes to calm down.”
- “You can always come back to this later.”
- “There’s no rush.”

It’s important to remember that everyone experiences emotions differently. Some people may feel overwhelmed by their emotions, while others may be able to manage them more easily. If you’re feeling overwhelmed, it’s important to permit yourself to take a break. There’s no need to push through your emotions if you’re not ready.

Here are some additional tips for managing overwhelming emotions:

- **Take a few deep breaths.** This can help to calm your body and mind.
- **Identify what you're feeling.** Once you know what you're feeling, you can start to understand it better.
- **Talk to someone you trust.** Talking about your emotions can help you to process them and feel better.
- **Do something you enjoy.** Doing something you enjoy can help to take your mind off of your emotions.
- **Get some exercise.** Exercise can help to release endorphins, which have mood-boosting effects.

Il found a useful tool (PDF) for Zones of Regulation. Which to be honest, is very remedial. Yet sometimes that is the best way to learn. It helps you identify where you are at in the present moment. <https://bit.ly/ZonesOfRegulation-DSY>

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If you're struggling to manage your emotions, it's important to seek professional help. A therapist can teach you coping mechanisms and help you to understand your emotions better.

Before we move on, I want to clarify where we are as we begin the path of yoga or any spiritual path. It is to reconnect to our source, The Creator. In my tribal Yuchi language, the word for Creator is Go Han Tah Nay, which translates to Breathmaster. I want you to feel comfortable with yoga to interchange with your identity. After all, we are talking about adjectives. Yoga is not about the “name” of God, it’s about a process that realigns us to who we truly are. It is a process, a journey, not a destination. As spirits are not bound by our concept of time or destination, etc.

We, I, myself, am a creation of God, I am a spirit having a human experience.

That gentle way of reshaping what we come to realize is truth. We as a person are more than this human form. However, while inside this human body, I’ll have “human” experiences.

This type of aha moment allows us to slide into the embodiment of what yoga is all about. It is in that precious moment when we embody what we’ve been studying or practicing. At that moment is pure bliss and beautiful silence.

Now back to to ridding ourselves of toxins.

Honesty works best for me. Transparency allows me to relate to others honestly. Yet at times, I’ve struggled with this. Growing up in a very toxic environment. Where abuse was constant. Sexual, emotional, mental, and physical abuse. This was on top of severe learning disabilities as well as a very pronounced speaking impediment. The abuse led to a borderline personality diagnosis. The learning disability came to be seen more as neurodivergent mixed with ADHD. I’m gay. I have PTSD, which I refer to as Post Traumatic Stress INJURY. I suffer from depression. I am ability injured. Yet I remain a phoenix.



All those **ADJECTIVES** describe a human condition. As long as I am in human form, I'll have human ailments. As an adult, I try to mitigate the harm to myself or others with yoga, and meditation, but I also use medication and counseling. Some days

are diamonds, and other days are rust. I struggle with my practice just as others do. But I've also seen the light and been in the light at the end of the tunnel.



As with a 12 Step program, they love to say keep coming back. What Does “Keep Coming Back” Mean in AA? To AA, “keep coming back” simply means that **your AA group is here for you**, and the most important part of finding success is attending meetings in the first place.

Is that not the same as why we do yoga routines in our dwellings or at yoga studios? **I keep coming back. You keep coming back.** Daily, weekly, monthly, yearly. We keep doing it, practicing, doing the process, stopping, restarting, it's a journey.

I acknowledge my human condition yet try to lasso the lower ego through yoga, meditation, education, and mindfulness. Am I always 100 percent in the zone? No!, no one is in the human form. That's why we have these spiritual practices within all cultures.

Focusing on yoga, a 2000-year-old known tradition that helps to rid our bodies of toxins. First, it's a tried and true system. I have a 30-year history working with yoga and meditation and other spiritual processes. I can attest that I've seen my past toxicity lessen or diminish through yoga and meditation. I'm not asking you to take

my word, please try yoga and meditation. See if it works for you to assist in anxiety, and depression and help your body remove toxins.

How Yoga Helps Release Toxins

Yoga is a mind-body practice that has been around for thousands of years. It is a holistic approach to health and well-being that includes physical postures, breathing exercises, and meditation. Yoga has been shown to have many benefits for physical and mental health, including reducing stress, improving flexibility, and increasing strength.

One of the benefits of yoga that is often overlooked is its ability to help release toxins from the body. The body has a natural detoxification system that helps to remove toxins from the blood, lymph, and tissues. However, this system can be overwhelmed by stress, poor diet, and environmental toxins. **Yoga can help to support the body's natural detoxification process by:**

- Increasing circulation: Yoga postures help to increase circulation throughout the body, which helps to carry toxins away from the organs and tissues.
- Stimulating the lymphatic system: The lymphatic system is a network of vessels that help to remove toxins from the body. Yoga postures that involve twisting and compression can help to stimulate the lymphatic system.
- Decreasing stress: Stress can contribute to the buildup of toxins in the body. Yoga can help to reduce stress by promoting relaxation and increasing mindfulness.
- Improving digestion: Yoga can help to improve digestion, which is important for the elimination of toxins from the body.

There are many different yoga poses that can help to release toxins from the body. Some of the most effective poses include:

- **Twists:** Twisting poses help to massage the internal organs and promote the flow of lymph. Some good twists for detoxification include seated twists like seated spinal twist and revolved triangle pose, and standing twists like revolved warrior pose and seated twist.
- **Backbends:** Backbends help to open the chest and lungs, which can help to improve circulation and remove toxins from the blood. Some good backbends for detoxification include bridge pose, cobra pose, and upward-facing dog.
- **Forward folds:** Forward folds help to stretch the spine and release tension in the back. They can also help to stimulate the digestive system and remove toxins from the intestines. Some good forward folds for detoxification include standing forward bend, child's pose, and seated forward bend.

In addition to specific yoga poses, several breathing exercises can help to release toxins from the body. **Some of the most effective breathing exercises for detoxification include:**

- **Breath of Fire:** Breath of Fire is a rapid, forceful breathing technique that helps to stimulate the nervous system and release toxins from the blood.
- **Kapal Bhati:** Kapal Bhati is a forceful exhalation technique that helps to cleanse the lungs and sinuses.
- **Ujjayi:** Ujjayi is a controlled, diaphragmatic breathing technique that helps to calm the mind and body.

KAPALABHATI

BREATH OF FIRE

➤ METHODS
➤ TECHNIQUES





HEALTH BENEFITS OF KAPALBHATI PRANAYAM IN YOGA



Daily 10 Mins

- ⚙️ Cure Digestive system
- ⚙️ Awakening of "Kundalini"
- ⚙️ Improvement in Concentration
- ⚙️ Reduces Blood Sugar Level
- ⚙️ Benefits for health, brain/mind, and skin & hair.
- ⚙️ For Weight Loss
- ⚙️ For Heart



INHALE NORMALLY

STEPS-1

STEPS-2

EXHALE FORCEFULLY



Keep your head straight

Close your eyes

Relax your shoulders

Keep your backside straight

Keep your hands on your knees

Cross legs


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Pranayama Technique Ujjayi Breath

1. Inhale & exhale through your nose
2. Create a slight constriction in the back of your throat
3. Create an audible sound
4. Set a consistent rhythm

 DOYOUYOGA

Yoga can be a great way to help release toxins from the body. By increasing circulation, stimulating the lymphatic system, decreasing stress, improving digestion, and practicing specific breathing exercises, **yoga can help to support the body's natural detoxification process.**

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In addition to the physical benefits of yoga, some mental and emotional benefits can help to improve overall health and well-being.

- **Reduced stress:** Yoga can help to reduce stress by promoting relaxation and increasing mindfulness. Stress can contribute to the buildup of toxins in the body, so reducing stress can help to improve the body's ability to detoxify.
- **Improved mood:** Yoga can help to improve mood by increasing serotonin levels. Serotonin is a neurotransmitter that plays a role in mood regulation.
- **Increased energy:** Yoga can help to increase energy by improving circulation and reducing stress.
- **Improved sleep:** Yoga can help to improve sleep by promoting relaxation and reducing stress.

Overall, yoga is a great way to improve physical, mental, and emotional health. It is a safe and effective way to release toxins from the body, reduce stress, improve mood, increase energy, and improve sleep. If you are looking for a way to improve your overall health and well-being, yoga is a great place to start.

Here are some tips for getting started with yoga:

- **Find a qualified instructor:** It is important to find a qualified instructor who can teach you the poses safely and effectively.
- **Start slowly:** If you are new to yoga, start with a beginner's class. You can gradually increase the difficulty of the poses as you become more experienced.
- **Listen to your body:** Yoga is a practice that should be enjoyable. If you are feeling pain, stop the pose and modify it as needed.
- **Be patient:** It takes time to learn the poses and to see the benefits of yoga. Be patient with yourself and don't give up.



<http://mindbodymandala.com/tag/kirtan/>

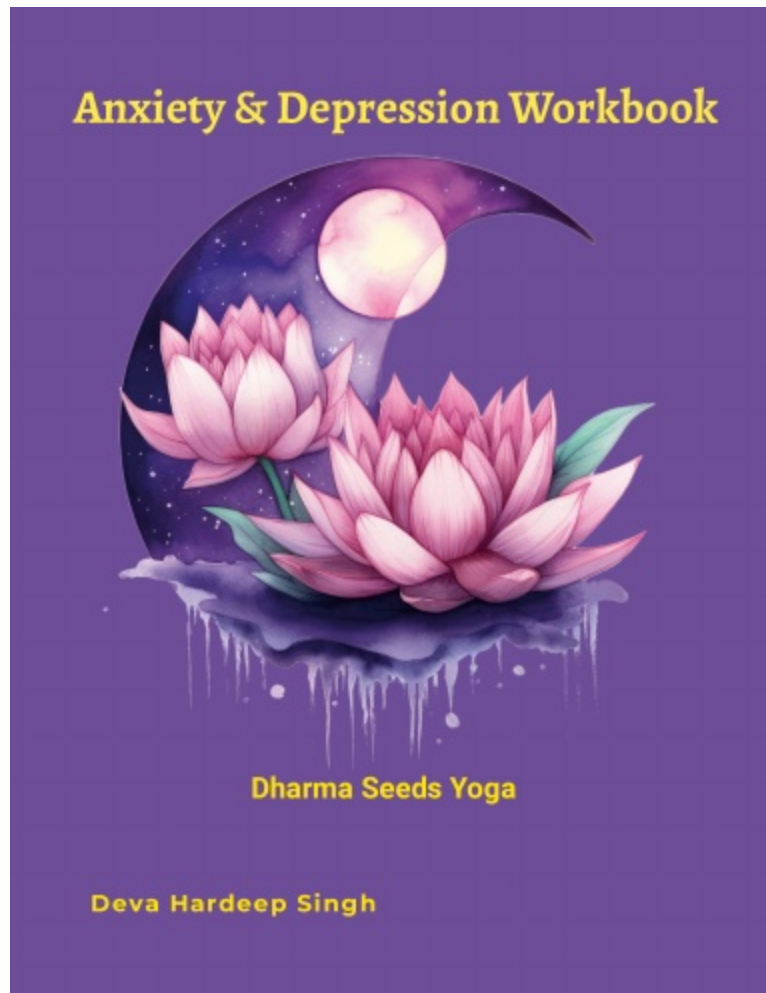
Resources

- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>

- **Prison Yoga Project – 200hr Yoga Teachers Training:**
<https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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Anxiety & Depression Workbook ~ Dharma Seeds Yoga The Anxiety and Depression Workbook is a self-help book that provides readers with tools and techniques to help them manage their anxiety and depression. The book is based on trauma informed yoga, a type of therapy that focuses on changing the way

people think and use yoga for healing. The book focuses and provides readers with exercises and worksheets to help them identify and challenge their negative thoughts and beliefs. The book provides readers with additional resources and information on how to get help for anxiety and depression. The Anxiety and Depression Workbook has been praised by mental health professionals for its clear and concise explanations, and for its practical exercises and worksheets. The book has also been well-received by readers, who have found it helpful in managing their anxiety and depression. If you are struggling with anxiety or depression, the Anxiety and Depression Workbook may be a helpful resource for you. The book can help you learn more about your condition, and provide you with tools and techniques to help you manage your symptoms.



Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a

freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the [Hulu/FX Series **Reservation Dogs**](#), as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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